

Tools for Falls Prevention Presentations

ALL falls prevention resources are available on the Finding Balance Website. Please visit:

- » Resource Catalogue to download ALL resources.
- » Tools for Presentations for PowerPoint with Speaker Notes, Trivia Game, banners, etc.
- » Falls Prevention Videos on the IPC YouTube channel.
- » Free Resources to Order

Create your own Falls Prevention Toolkit

Create your own toolkit and include the items listed below:

- Empty bottle of Vitamin D
- Ice pick cane tip attachment
- Ice grippers (for bottom of winter boots)
- Sample of ideal shoe (boot, slipper, or shoe) that includes good tread and low heel
- Indoor and/or outdoor motion sensitive light
- Night light (e.g. wall outlet plug in)
- Long shoe horn
- Non-slip sock
- Hand held reacher
- Bath/shower mat with suction cups
- Resistance band
- Pill organizer/blister pack, Dosette
- Small bag of sand

Create Your own Falls Prevention Resource Binder

Most popular - General Falls

- Keeping Well For Older Adults Booklet - Order & Download
- Keeping Well This Winter - Download
- Are You at Risk of Falling: Self Assessment Checklist Brochure - available in French
- Are You at Risk of Falling: Self Assessment Checklist Poster
- Could a Fall Change Your Lifestyle? Brochure - available in French
- How to Get Up from a Fall - images - English
- How to Get Up from a Fall - Translated - available in 15 additional languages
- How to Get Up from a Fall - real person NEW
- How to Get Up From a Fall (15 sec.)
- How to Get Up From a Fall (30 sec.)

Movement & Exercise

- Band Exercises for Older Adults Booklet
- Be Active Handout
- Being Active Benefits Poster – 8.5x11
- Being Active Benefits Poster – 11x17
- Benefits of Being Active Poster – 8.5x11
- Challenge Your Balance and Build Strength Handout
- Everyday Exercises for Older Adults (Cards for each individual exercise)
- Everyday Exercises for Older Adults (Poster) - Available in French
- Everyday Exercises for Older Adults (Poster) – Adapted for home
- Live Well Guidebook
- Live Well Calendar
- Personal Activity Tracker
- Warm-Up Poster
- Warm-Up Poster Info Sheet
- Warming up for Daily Life (e-module)
- Be Active (30 sec.)
- Be Active, Fall & Winter (15 sec.)
- Be Active, Spring & Summer (15 sec.)
- Keep Active, Strength & Balance (15 sec.)
- Everyday Exercises for Older Adults (15 min.)

Footwear and Foot care

- Ideal Shoe
- Footwear & Foot Care Tips for Seniors Handout

For Caregivers of Older Adults

- Adding Movement to Your At-Home Routine Handout
- Tips for Caregivers to Help Seniors Stay Active During the COVID-19 Pandemic and Beyond Handout

Home & Community

- Protect Yourself from Fraud & Scams - NEW
- Getting Up From A Fall - Translated - available in 15 additional languages
- Getting Around in Your Community Handout
- Getting Around in Your Home Handout
- Getting a Good Night's Sleep Handout
- How to Get Up From a Fall (15 sec.)
- How to Get Up From a Fall (30 sec.)

Medications

- Fall Risk & Medications *NEW*
- Medication & Alcohol *NEW*
- Review Your Medications Poster
- Review Your Medications Handout
- Falls & Medication (15 sec.)
- Review All Medications (15 sec.)

Vision & Eye Health

- Have Your Vision Checked Handout
- Check Your Vision Poster
- Vision & Eye Health *NEW*
- Vision & Optometry (30 sec.)
- Visit an Eye Doctor Annually (15 sec.)

Nutrition

- Eating Well As You Age
- Hydration Tips for Seniors Handout
- Nutrition Tips for Seniors Handout

Infographics

- Fall Facts: Data Infographic
- TBI (Concussion) Infographic

Winter Walking

- Walking Safely in Winter Handout
- Keeping Well This Winter Booklet